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## Keep Food Safe

Healthy eating means more than managing calories or choosing a balanced diet of nutrient-rich foods. The best healthy eating plans also involve safe food handling, cooking, and storage practices that help prevent food poisoning and foodborne illness.

This year, an estimated 1 in 6 Americans will get sick from food poisoning. Find out what you can do to keep you and your family safe.

- [\*\*Check your Steps:\*\*](#) Following four simple steps – Clean, Separate, Cook, and Chill – can help protect your family from food poisoning at home.
- [\*\*Keep Food Safe by Type of Food:\*\*](#) Get the latest tips and techniques to keep specific foods safe and prevent food poisoning.
- [\*\*Keep Food Safe by Type of Events and Seasons:\*\*](#) Whether you're planning a small summer cookout or a big holiday celebration, a camping trip or a potluck dinner, you need to follow special precautions to ensure that you and your guests are safe from food poisoning.
- [\*\*Food Safety in a Disaster or Emergency:\*\*](#) Find out how to keep food safe during and after an emergency, such as a hurricane, flood, fire, or loss of power.
- [\*\*FoodKeeper App:\*\*](#) Use this app to help you use food while at peak quality and reduce waste.

Date Last Reviewed

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